



# TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 47 • December 6, 2013



## Lighting the way for the holidays!

Photo by Staff Sgt. Marissa Tucker

Members of the Joint Base San Antonio community celebrated the tree lighting ceremony Tuesday at the Gateway Club. The event, which is held annually to celebrate the Holiday season, was sponsored by the 802nd Force Support Squadron, which also provided refreshments. Brig. Gen. Bob LaBrutta, JBSA and 502nd Air Base Wing commander, hosted the event and spoke about togetherness and the importance of taking care of each other not only during the holiday season, but year-round. For more photos, see page 11.

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# Pearl Harbor Remembrance Day: Why is Dec. 7 important?

By retired Chief Master Sgt. Scott Hubbartt  
U.S. Air Force

The Thanksgiving turkey has been eaten, football games have been watched, Black Friday is past and the numbers are in. How well did the merchants do? Talking heads will tell us. Christmas is just around the corner. It's a busy time for us all. What to do for New Years Eve?

We have so much to consider; so much to worry about. So, when someone mentions Dec. 7 – Pearl Harbor Remembrance Day – it is only natural to wonder, "What's the point?"

If you are older than 18, you no



doubt remember Sept. 11, 2001. Well, for most of us over 30, Dec. 7, 1941

is our Sept. 11. While we probably did not live through that infamous day, we grew up hearing of it and of how it changed our nation – and indeed, the entire world.

In contemporary history, no other date had been more indelibly engraved in the American psyche.

Dec. 7 changed everything. It led us into a global conflict in which about 60 million people died. Our nation, and the world, was never the same again.

While the numbers of casualties are different than those on Sept. 11, it has had the same effect on our everyday lives. We need to learn from our history. Yes, OUR history.

## Safety and health officials promote responsible driving during holidays

By Alex Salinas  
Joint Base San Antonio-Randolph Public Affairs

As the holiday season is in full swing, many people celebrate it by taking a vacation. Travelers cram onto the roadways, making them potentially dangerous places to be if drivers are not extra careful.

December is National Impaired Driving Prevention Month which raises awareness on drunken and drugged driving. Joint Base San Antonio-Randolph health and safety officials advise drivers to keep alcohol and drugs out of their system because 1.2 million people were arrested for being under the influence of both in 2011, according to the FBI.

"When a person plans to drive, no

alcohol is appropriate since judgment decreases once alcohol consumption begins," Master Sgt. Jennifer Hoag, 359th Medical Operations Squadron Mental Health Flight superintendent, said.

In 2004, the Air Force developed the 0-0-1-3 program: zero underage drinking offenses, zero drinking and driving incidents (DUIs), one drink per hour and three drinks per evening – even at house parties.

Most importantly, "if members plan to drive, zero drinks," Tech Sgt. Cathy Zimmerman, 502nd Air Base Wing ground safety technician, said. "If they are going out in a group or to meet a group, the \$30 or so for a cab is a lot cheaper than thousands of dollars or even possibly the life they could lose in choosing to drink

and drive."

The Air Force implements a zero tolerance policy for alcohol/drug intake and driving because "it is a preventable issue when individuals have plans in place," Hoag said.

Drugged driving includes driving under the influence of over-the-counter drugs, prescription drugs or narcotics.

Research shows that drugs, even those prescribed by a physician, can impair perception, judgment, motor skills and memory, according to the Office of National Drug Control Policy.

Additionally, alcohol and drug abuse is not limited to a specific age group, Hoag said, so stopping it from happening

See **SAFETY** Page 6

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## News in Brief

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### SATURDAY

#### JBSA CHILDREN'S HOLIDAY PARTY

Hope Worldwide and Service King will sponsor a children's holiday party from noon to 4 p.m. at Kelly Hangar 1610, 303 S. Frank Luke Drive on Port San Antonio.

All Department of Defense ID cardholders and their immediate families are invited to attend. Children 12 years of age and younger can meet Santa Claus and receive a gift. Other activities include face painting, games and crafts along with music, food and a caricature artist. RSVPs are not necessary this year; the first 500 children will receive a gift.

For information, contact Master Sgt. Jason Resler at 671-1970 or Tech. Sgt. Latasha America at 671-6511.

### DEC. 16

#### JBSA-LACKLAND HOLIDAY COOKIE CAPER

The Joint Base San Antonio-Lackland holiday cookie caper will be held at Freedom Chapel.

The cookie caper provides cookies for Airmen who will remain in JBSA-Lackland dormitories for the Christmas holidays.

Cookie donations can be dropped off from 6-9 a.m. Dec. 16 in the chapel parking lot, and volunteers are also needed to receive and package cookies from 7-11:30 a.m.

For more details, email [cookiecaper@lacklandosc.org](mailto:cookiecaper@lacklandosc.org) or call 352-5528.

### INFORMATIONAL

#### FEDERAL BENEFITS OPEN SEASON

Federal benefits open season for Air Force and Department of Defense civilian employees ends Monday.

#### GOSPEL CHOIR NEEDS SINGERS

The Joint Base San Antonio-Lackland African American Heritage Committee needs singers of all ages for its 2014 gospel choir. The choir will perform at 6 p.m. Feb. 1 in the Gateway Chapel. Active duty or retired military members from any branch, civilians and dependents are eligible to participate.

Rehearsals at Gateway Chapel are scheduled for Jan. 6, 5:30-6:45 p.m.; Jan. 10, 5:30-7 p.m.; Jan. 13, 5:30-6:45 p.m.; Jan. 17, 5:30-7 p.m.; Jan. 20, 5:30-6:45 p.m.; Jan. 24, 5:30-7 p.m.; Jan. 27, 5:50-6:45 p.m.; and Jan. 31, 5:30-7 p.m.

For additional information, contact Tech. Sgt. Anna Ricks at 671-0723.

# Inside look at the Band of the West



Photo by Benjamin Faske

Capt. Joseph Hansen, Band of the West deputy commander, conducts a rehearsal, Nov. 27, for the upcoming Holiday in Blue concert at Joint Base San Antonio-Lackland. The concert is scheduled for 3 p.m. Dec. 15 and 7 p.m. Dec. 17 in the Bob Hope Theater located at JBSA-Lackland.

By Senior Airman Lysie Nichols  
JBSA-Lackland Public Affairs

Have you ever wondered what it would be like to be in a band?

Members of the United States Air Force Band of the West get to experience that opportunity every day.

The Band of the West is a musical organization comprised of Airmen dedicated to serving their country through music.

"Our performances are one way for us to give back and say thanks to our fellow Airmen, joint service members and their families for their daily sacrifices in serving our nation and this installation," said Capt. Joseph Hansen, Band of the West deputy commander.

The band is stationed at Joint Base San Antonio-Lackland and travel more than 125,000 miles annually providing

300 performances to military and civilian audiences throughout the Gulf Coast region from Texas to Florida.

A normal day consists of rehearsals and other duties for band members, but there is a lot more work involved with being in the band than one might think.

"We run our own supply, operations, publicity, marketing, transportation and uniform shop," said Master Sgt. John Rider, Band of the West concert band NCO in charge. "All of our activities are directly related to our ability to carry out our missions."

Not only does the band handle their own transportation and marketing, but they also spend six to eight hours setting up the stage, adjusting the audio and rehearsing before a show.

"The audience often sees us for about 90 minutes, but for us it's near the end

of a long day," said Rider. "We succeed when the audience only knows they got a great, high energy show from talented (and) dedicated individuals."

"Some of the greatest experiences I've had here are watching the effect music has upon people," added Hansen. "It's very sobering to see how the power of music lifts people's spirits inspiring patriotism and good will."

People attending a typical Band of the West concert can expect to hear a wide variety of music including standard concert band pieces, marches, Broadway tunes and patriotic works.

"Audience members can count on leaving a concert with their spirits renewed and refreshed, as well as with a deeper understanding of what the Air Force is doing in today's world," said

See **HOLIDAY** Page 6

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Assault Prevention  
and Response**

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**DOD SAFE HELPLINE**  
(877) 995-5247

**JBSA CRISIS HOTLINE**  
367-1213

**JBSA DUTY CHAPLAIN**  
365-6420

# Fire officials offer advice to keep holiday season safe

By Robert Goetz  
JBSA-Randolph Public Affairs

Brightly colored lights, flickering candles and festive Christmas trees greatly contribute to the ambience of the holiday season.

However, accidents involving them result in more than 400 home fires and more than 20 deaths each year, according to the National Fire Protection Association and the U.S. Fire Administration.

Joint Base San Antonio-Randolph fire officials said following a few simple tips can keep the holidays safe.

Lighting safety begins with Christmas trees, which account for most of the fires during the holiday season, James Smith, JBSA-Randolph Fire Emergency Services fire protection services inspector, said. Keeping a natural tree watered is an important consideration.

"Typically, shorts in electrical lights or open flames from candles, lighters or matches start tree fires," he said. "Well-watered trees are not a problem; a dry and neglected tree can be."

Smith also advised home owners to:

- Choose a fresh tree, which should have green needles that do not break, as well as a trunk that is sticky to the touch
- Not place the tree close to a heat source
- Keep the tree stand filled with water at all times



Courtesy photo

- Discard the tree when it becomes dry by taking it to a recycling center or having it hauled away

An alternative to a live tree is a fire-resistant, non-metallic artificial tree.

Maintaining holiday lights is another important safety measure because worn strands are fire hazards, Smith said.

"You should inspect your lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets and excessive kinking," he said.

Overloading electrical outlets can also cause fires, Smith said.

"You should not link more than three light strands,

unless the directions say it is safe," he said. "Strings of lights should be connected to an extension cord before the cord is plugged into an outlet."

It's also important to use nonflammable or flame-retardant decorations, Smith said.

Candles are another prevalent safety hazard during the holidays, Cody Fein, JBSA-Randolph Fire Emergency Services assistant chief, said.

"December is the peak time of year for home candle fires," she said. "In December, 11 percent of home candle fires began with decorations, compared to 4 percent the rest of the year."

Fein recommended the use of battery-operated flameless candles.

"They look and smell real," she said. "Flameless candles can give you safety and decoration without the hazards of open flames around children and surrounding materials."

When real candles are used, they should be handled with care, Smith added.

"If you do use lit candles, make sure they are in stable holders and place them where they cannot be easily knocked down," he said. "In addition, never leave the house with candles burning and never place lighted candles on a tree."

Smith's overall message for fire safety during the holidays is to stay vigilant and use good common sense.

"If it seems unsafe, it probably is," he said.





# Inaccurate records can damage promotion chances

By Janis El Shabazz  
Air Force Personnel Center Public Affairs

If your records meet a board tomorrow, would they accurately illustrate your suitability for promotion or retention? Are your evaluations, time in service, time in grade and decorations correct? Are your professional military education records complete? Do you know what your promotion recommendation form says?

If you can't say yes to every question, you are not managing your career and that mistake could cost you, Air Force Personnel Center officials said.

"There is no legitimate reason to be unsure about your records," said Lt. Col. John Barlett, the AFPC officer promotions branch chief. "Not too long ago, Airmen had to physically visit the personnel center here in Texas to review their records. Now Airmen have 24/7 access from their home or office computer. Each Airman is ultimately responsible for ensuring their records are accurate and up-to-date."

In 2012, the Air Force began using electronic records for officer promotion boards and senior NCO evaluation boards.

Since this shift to all electronic records, Airmen can access their records on myPers through the Personnel Records Display Application. PRDA affords members the opportunity to view their records and to see which items will meet upcoming boards. Airmen who routinely review and update their records online will benefit, Barlett said.

"Your records tell retention boards why you are a valuable military member and tell promotion boards why you're ready for the additional responsibility that comes with the next grade," Barlett said. "In addition, developmental education and command opportunities are based on your records. If you don't keep them updated, you may be telling future boards that your career doesn't matter to you."

Enlisted members can also go into myPers and access PRDA to see which EPRs and decorations were reviewed

by evaluation boards.

The first electronic boards process for officers was during the July 2012 central selection boards and the first electronic enlisted evaluation board was the June 2013 senior NCO supplemental board.

Following a board release, officers can securely access the complete record of performance reviewed by board members, as well as their officer selection brief, copies of any letters they submitted, and their most recent promotion recommendation form.

PRFs and retention recommendation forms will be accessible in PRDA once the board results have been released. Because access to PRDA is based on identity, documents like the PRF and RRFs are available only to the member, Barlett said.

"Identity-based access provides an added layer of security to protect your information while still providing you an opportunity to review the documents far easier than when they were only available in hard copy," he said.

Members can also review their as-is board-related record on the myPers website and once a board has been released, they simply log on to the site and select "board" under "available category" to view the record as it met a particular board. Listings are organized by applicable board identification.

To access enlisted record reviews, go to myPers, scroll down to the "I would like to" section and select "view my records." Click the link and follow instructions to access PRDA.

Airmen who need to make record corrections should contact their local military personnel section.

"The move to online records not only makes the process of creating boards easier, but, it also provides the added ability for all Airmen to view their personnel documents in a user-friendly form anytime and anywhere they choose," Barlett said.

For more information about records access and other personnel issues, visit the myPers website at <https://mypers.af.mil>.



Courtesy photo

## SAFETY from Page 2

may come down to having a strong support system via being a good wingman.

"The wingman concept should not be focused on preventing negative consequences, but to actually promoting more healthy behaviors and lifestyles," she said. "If an individual focuses on maintaining a healthy lifestyle, then driving impaired and other negative behaviors will not be an issue."

"Be there to look out for one another, to essentially have each other's back," Zimmerman said. "No amount of alcohol or drugs is worth losing a career or a life over."

To eliminate DUI/DWI in the local area, JBSA operates Armed Forces Against Drunk Driving, which is a volunteer-driven service that provides free rides home to all Department of Defense ID cardholders after basic information is gathered from callers.

To contact the group for more information or to sign up as a volunteer, call 309-8767 or email [afadd.jbsa@gmail.com](mailto:afadd.jbsa@gmail.com).



Photo by Benjamin Faske

Capt. Joseph Hansen, Band of the West deputy commander, conducts a practice session with the Band of the West Nov. 27 in preparation for their Holiday in Blue concert at Joint Base San Antonio-Lackland.

## HOLIDAY from Page 3

Rider. "One of our main jobs is to reflect the excellence and professionalism that is displayed daily by every member of the Air Force."

The band is scheduled to present their annual Holiday in Blue concert at 3 p.m. Dec. 15 and 7 p.m. Dec. 17 in the Bob Hope Theater located at JBSA-Lackland.

Both concerts are family-friendly and

are open to people who have tickets and base access. Tickets for the concerts are free and can be picked up at the Information Tickets and Travel Offices at JBSA-Fort Sam Houston, Lackland and Randolph.

"For our upcoming Holiday in Blue concerts, we will have a sampling of holiday music including 'Let it Snow' and 'The Christmas Song,'" said Rider. "This year's show is geared for the young and young at heart."



**Joint Base San Antonio – Lackland  
Holiday Gate Closures for  
Dec. 25 and Jan. 1**

**AF ISR Agency (Security Hill) – *Closed***

**Base Operations (Flight line) – *Open 24/7***

**General McMullen (Building 171/24<sup>th</sup> Air Force) – *Open 24/7***

**Growden – *Closed***

**Luke East – *Open 24/7***

**Luke West – *Closed***

**Medina Search Area (Commercial Vehicle) – *Closed***

**Medina – *Open 24/7***

**Selfridge East and West – *Closed***

**Valley Hi – *Open 24/7***







# DIAMOND SHARP

**Tech. Sgt. Rebeca Archuleta**

**Unit:** 343rd Training Squadron

**Duty title:** Air Education Training Command Training manager at Security Forces Academy

**Time in service:** 15 years

**Hometown:** Las Cruces, N.M.



"Tech. Sgt. Rebeca Archuleta is the epitome of a dedicated American Airman. She is always the first person to volunteer for challenging projects and tasks, consistently pushing herself to become a better NCO. She always displays a fantastic attitude that is contagious to everyone she comes in contact with.

Archuleta is the Air Education and Training Command Manager at the Security Forces Academy. She manages 12 courses, 179 instructors, 2,200 students, \$78 million in resources, 1,340 weapons and 10 training areas daily. She is ultimately responsible for 8,100 "Defenders" graduating annually.

Additionally, Archuleta single handedly schedules/programs actions for 45 training courses including screening, validating and scheduling annual out-of-cycle training requirements. She recommends development, termination and revision of courses and verifies training reports. Lastly, she collaborates with the security forces career field manager and AETC training pipeline manager to create and finalize Career Field Education and Training Plans.

Finally, Archuleta spearheaded the 3rd Quarter 37th Training Wing awards ceremony, which received rave reviews from wing leadership and all in attendance. The ceremony was noted "flawless/absolutely perfect."

**- Master Sgt. Carol Holmes**

*First Sergeant, 343rd Training Squadron*

**Tech. Sgt. Tommy Van**

**Unit:** Gaylor NCO Academy

**Duty title:** Flight Instructor

**Time in service:** 17 years

**Hometown:** Odessa, Texas



"Tech. Sgt. Tommy Van is a flight instructor at the Gaylor NCO Academy. During the month of November, Van taught 172 hours of enlisted professional military education. Van also led reveille/retreat and inspection procedures for 215 students and 17 instructors, a critical aspect of the curriculum and pinnacle of the graduation ceremony. Additionally, Van mentored and remediated students who struggled academically and/or disciplinarily, paving the way for a 100 percent graduation rate. He used his three years of teaching experience to train a newly assigned instructor. Through his guidance and mentorship, Van has enabled our newest instructor to become comfortable in the new teaching position and make great progress towards completing the very intense teaching internship. Van has effectively managed the positions of lead flight instructor and instructor trainer, maintaining impeccable records on his students and his instructor trainee. For these achievements, Van should be recognized with the Diamond Sharp Award."

**- Master Sgt. Clifton C. Staples**

*Additional Duty Shirt, Gaylor NCO Academy, Director of Resources*

**Senior Airman Dariely Lemay**

**Unit:** 802nd Communications Squadron

**Duty title:** Infrastructure Technician

**Time in service:** 3 years, 6 months

**Hometown:** Puerto Rico



"Senior Airman Dariely Lemay, 802nd Communications Squadron Infrastructure technician, is the definition of a cyber warrior. Her high standard of professionalism and sheer volume of job knowledge is far beyond that of any senior airman I've encountered.

Lemay relentlessly executed 32 trouble tickets, patched and cleared more than 40 network connections and reconfigured security for more than 25 network connections. She also instructed a basic information technology course.

Her dedication and focus led to her be handpicked for a tiger team to redesign the structure of network connectivity for the Veterans Affairs Office. This project will allow the scanning of records 70 percent faster than the current design, reducing wait time from more than 250 days to 75.

She also designed the infrastructure and connectivity for the temporary pharmacy while the satellite pharmacy is under renovation.

She recently committed to the Christian Senior Service where she contributed to preparing 1,600 meals for needy San Antonio senior citizens. She also selflessly devoted herself to the SA Heart and Stroke Walk, which supports lifesaving research and raises funds for the American Heart Association annually.

Her determination and commitment to excellence demonstrates the way business is and always should be done at Joint Base San Antonio, which is why she is the Diamond Sharp Airman this month."

**- Master Sgt. Melvin Jackson Jr.**

*First Sergeant, 802nd Communications Squadron*

**Tech. Sgt. Talia Walters**

**Unit:** 341st Recruiting Squadron

**Duty title:** Line Officer Recruiter

**Time in service:** 12 years

**Hometown:** Port St. John, Fla.



"Tech. Sgt. Talia Walters is assigned to the 341st Recruiting Squadron as a Military Entrance Processing Station liaison NCO. The squadron commander personally requested Walters to fill one of the three line officer recruiter positions in the squadron. She took on the position that covers Texas and Louisiana and has been the squadron's top line officer recruiter for the second, third and fourth quarter for fiscal year 2013. Walters' leadership was evident when she was elected the squadron's booster club president. With only two weeks' notice, she successfully planned morale events for squadron members during an annual training meeting. During her three-months tenure as booster club president, she was able to re-invigorate a dormant club with fundraising events that brought in more than \$1,800 for squadron morale activities."

**- Master Sgt. Jonathan N. Tran**

*First Sergeant, 341st Recruiting Squadron*

**Airman 1st Class Alexandria Owens**  
**Unit:** 690th Intelligence Support Squadron

**Duty title:** Help Desk Technician

**Time in service:** 1 year, 5 months

**Hometown:** San Antonio



"Airman 1st Class Alexandria Owens has volunteered 15 off-duty hours with Armed Forces Against Drunk Driving and potentially saved several lives by ensuring the Airmen got home safely.

Additionally, she has taken two college courses - math and world history - earning six credit hours towards her Information Systems Community College of the Air Force Degree.

She volunteered five hours at the local food bank preparing and packing more than 4,500 boxed meals; an effort that fed 1,700 people in need and reinforced AF community ties.

Owens has also excelled at work, troubleshooting the 24th Air Force commander's computer, resolving a network authentication error, expediting and restoring life-line connection.

Furthermore, Owens is dedicated to learning how to be a leader. She attended a seven-hour 'Winning with People Leadership' course. She applied her knowledge to the work center, mentoring five Airmen. Owens is poised for a section leadership role.

She also dedicates a lot of time at the Joint Base San Antonio Youth Center and has devoted 15 off-duty hours to Youth Activities Center. She officiated 42 tee ball and baseball games, and signed up to referee youth basketball this winter. Owens is a role model for more than 500 local kids."

**- Master Sgt. David Owens**

*690th Intelligence Support Squadron*

**Staff Sgt. Marleah Miller**

**Unit:** 3rd Combat Camera Squadron

**Duty title:** Aerial Combat Photojournalist

**Time in service:** 8 years

**Hometown:** Toledo, Ohio

PHOTO  
NOT  
AVAILABLE

"Staff Sgt. Marleah Miller demonstrates strong leadership and excellence in all she does. Her efforts were instrumental in establishing a vital working relationship with the 1st Battalion, 149th Aviation Regiment of the Texas Army National Guard, which led to ample training opportunities for 3rd Combat Camera Squadron personnel. Miller's Airmanship and professionalism were key in strengthening relations with the Army National Guard as she led a documentation team during a medical readiness exercise. Her team logged more than 10 hours in helicopter aerial documentations missions, and the resulting imagery was sought after by the Texas Governor's Office. Miller's leadership is a crucial part of growing three CTCS Airmen. She is active in building confidence throughout her flight by providing hands-on training for required upgrade skill level tasks. Miller's dedication and diligence has ensured three CTCS Airmen are afforded essential proficiency training and her efforts will carry on for years to come."

**- Master Sgt. Antonio D. Propst**

*Additional Duty First Sergeant 3rd Combat Camera Squadron*

# DIAMOND SHARP

**Senior Airman Adrian Perry**  
*Unit: 959th Clinical Support Squadron*  
**Duty title:** Medical Laboratory Technician  
**Time in service:** 5 years  
**Hometown:** Heidelberg, Germany

PHOTO  
NOT  
AVAILABLE

"Senior Airman Adrian Perry is a highly skilled professional dedicated to San Antonio Military Health System's patient-centered health care mission, and an ardent supporter of the Joint Base San Antonio community. He serves at the San Antonio Military Medical Center's Department of Pathology and Area Laboratory Services as a lead hematology technician.

From day to day, Perry independently maintains 12 complex hematology and coagulation analyzers valued at \$1.5 million; performing and reviewing 75 quality control tests.

His attention to detail contributes to the hematology department consistently meeting critical test turn-around time at 92 percent and resulting in an amazing 20,000 tests monthly.

Additionally, Perry recently completed a College of American Pathology coagulation survey consisting of 10 tests, scoring 100 percent and upholding our accreditation standard.

Accordingly, Perry is utilized as a skilled trainer for the Army and Navy Medical Laboratory Phase-II students, and to all new permanent-party technicians.

Furthermore, he was hand-selected to represent our laboratory during the 59th Medical Wing deputy commander's immersion tour and captivated his audience with his infectious enthusiasm and crystal-clear delivery. While away from the bench, Perry continues to exemplify said 'excellence' whether he's participating in the 59th Medical Wing Veteran's Day Retreat, sharing his Air Force story during career day at a local elementary school or completing his Community College of the Air Force degree as he works toward becoming an physicians' assistant. Perry is an example of what we want our 'Citizen Airmen' to be: industrious, unflinching and well-rounded. He deserves our coveted 'Diamond Sharp' recognition."

**- Master Sgt. Lawrence M. Snyder**  
*First Sergeant, 959th Client Support Squadron*

**Tech. Sgt. Kelly Hons**  
*Unit: Headquarters Air Force Security Forces Center*  
**Duty title:** Action Officer, Electronic Tactics and Techniques Procedures Guides  
**Time in service:** 18 years  
**Hometown:** Falls City, Texas

PHOTO  
NOT  
AVAILABLE

"Tech. Sgt. Kelly Hons' professionalism and dedication to mission exceeds expectation.

As an action officer assigned to HQ Air Force Security Forces Center, Training Branch, Hons is crucial to ensuring security forces Airmen receive the best training available. He executed a program review of the security forces active shooter and combatives courses where he identified critical deficiencies.

His efforts led to securing \$44,000 towards these two crucial programs, alleviating the training gap for the unit. Also, his efforts enhanced the Department of Defense Active Shooter program, redefining security policy for 645,000 total force members.

He spearheaded the streamlining of 90 nuclear training objectives which unified Headquarters Air Force and U.S. Air Forces in Europe/Air Forces Africa efforts.

The streamlined process enabled complete compliance with the chief of staff of the Air Force strategic priorities.

Additionally, he led an \$18,000 multimedia contract to meet the career field manager initiative. This effort standardized training scenarios for over 40,000 security forces members.

Lastly, Hon piloted the first ever A7S Combatives Course Mobile Training Team, which certified 65 instructors and saved the Air Force \$385,000. The foresight to initiate a MTT provided quality training while meeting the vice chief of staff of the Air Force's 'Every Dollar Counts' initiative."

**- Master Sgt. Joshua Olearnek**  
*Additional Duty First Sergeant, HQ AFSFC*

## AROUND JBSA-LACKLAND



Photos by Staff Sgt. Marissa Tucker

Children gather around Brig. Gen. Bob LaBrutta, Joint Base San Antonio and 502nd Air Base Wing commander, as he explains how they can help activate the lights during the tree lighting ceremony Tuesday, at the Gateway Club. Joining LaBrutta was Maj. Gen. J. Kevin McLaughlin, 24th Air Force commander, and Maj. Gen. Byron Hepburn, 59th Medical Wing commander, to celebrate the season and encourage the community to remember the importance of family throughout the year.



Children run to greet Santa Clause as he arrives on a fire truck during the tree lighting ceremony Tuesday, at the Gateway Club. Members of Joint Base San Antonio came together to celebrate the season with holiday-themed refreshments, a visit from Santa Claus and carols from the U.S. Air Force Band of the West.





One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.

# Toastmaster club hones leadership skills through communication improvement

**By: Airman 1st Class Alexandria Slade**  
JBSA-Randolph Public Affairs

For the past 55 years, Joint Base San Antonio-Randolph has been hosting a club called the Toastmasters.

The JBSA-Randolph Toastmasters club is one faction of the Toastmasters International Organization, which began in 1924, dedicated to cultivating good communication and leadership skills of anyone with a desire to stand and speak up.

With clubs in approximately 122 countries, this international organization is structured to build confidence in others through speech writing and delivery, and effective communication in everyday interactions.

"This (club) helps you become a better communicator, a skill that will come in handy whether you are in the military or not," said Chris Schloemer, JBSA-Randolph Toastmasters club secretary.

Although the club is open to anyone



with base access, Deborah Arrington, JBSA-Randolph Toastmasters Club president, said they have worked with people off base who are interested in the club.

During club hours, members are not only taught to present speeches, but how to write them too, Arrington said.

"If you don't write a good speech, you (won't) deliver a good speech," she said. "We talk about organizing well and how to get to the point. When you are a better

communicator, you are a better leader. It's a confidence thing."

Along with effective coaching on how to become an improved public speaker, Toastmasters meetings can offer a fun group environment.

"I enjoy the camaraderie at the meetings," Schloemer said. "It's also neat to see someone who at first has a death grip on the podium when speaking, grow to be a good communicator."

For those with experience in front of a crowd, Arrington said Toastmasters can 'polish' pre-existing skills.

"We are all about the members and what their goals are," she said. "The best part is watching people grow."

For more information about JBSA-Randolph Toastmasters, call 652-5964; for JBSA-Lackland, call Laura Drullinger at 977-6786; and for JBSA-Fort Sam Houston, call Blake Rubie at 466-0232. For general Toastmasters information, visit <http://www.toastmasters.org>.



## COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The following is a list of points of contact for  
Joint Base San Antonio

<b>502 Air Base Wing:</b>	671-5511
1st Lt. Amanda McGowin	
221-4321	
<b>Alternate:</b>	
Master Sgt. Mason Wilson	
671-6705	
	<b>902nd MSG:</b>
	Matt Borden
	652-3797
	<b>Alternate:</b>
	Master Sgt. Ennis Fowler
	652-6915
	<b>Alternate:</b>
	Master Sgt. Shawn Waghorn
	652-3088
<b>502nd Mission Support Group:</b>	
Manny Henning	
221-1844	
<b>Alternate:</b>	
Duane Dunkley	
221-2207	
<b>802nd MSG:</b>	
1st Lt. Brandon Langel	
671-2528	
<b>Alternate:</b>	
Master Sgt. Robert Brinson	

*The 2013 Combined  
Federal Campaign  
runs through  
Jan. 15, 2014.*



THE UNITED STATES AIR FORCE  
**BAND OF THE WEST**  
JOINT BASE SAN ANTONIO, LACKLAND, TEXAS

*Holiday  
In  
Blue*

**Bob Hope Theater**  
Sunday Dec 15<sup>th</sup> - 3:00PM  
Tuesday Dec 17<sup>th</sup> - 7:00PM

**1560 Stewart Street**  
**JBSA-Lackland**  
Ticket Pick-up Locations:  
JBSA-Lackland & JBSA-Randolph ITT Offices,  
JBSA-Fort Sam Houston MWR Office

**\*\*Tickets and base access required\*\***  
Please see Band of the West website for more information

**www.BANDOfTHEWEST.af.mil**

## WATER CONSERVATION TIPS!

- Insulate all hot water pipes to reduce the delays (and wasted water) experienced while waiting for the water to “run hot.”
- Be sure the water heater thermostat is not set too high. Extremely hot settings waste water and energy because the water often has to be cooled with cold water before it can be used.

## LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

### TUESDAY

#### DROP-IN DENTAL SCREENINGS

Drop-in dental screenings by the JBSA-Lackland Pediatric Dental Department at the Dunn Dental Clinic for children of active-duty members and retirees are from 8-10:30 a.m. No appointment is necessary.

Children under 13 years of age will receive a screening exam, an assessment of the child's dental condition, and appropriate treatment recommendations or alternatives.

Parents should bring a copy of the child's treatment plan or referral letter from their private dentist.

For more information, call 671-9836.

### WEDNESDAY

#### BE A SANTA TO A SENIOR PROGRAM

The Be a Santa to a Senior program, sponsored by the Home Instead Senior Care office along with area retailers and volunteers, will conclude.

Participating retailers display Christmas trees that feature ornaments with seniors' first names and

their gift requests. Shoppers can pick an ornament from the trees, buy the items listed and return them unwrapped to the store with the ornament attached.

For more information, visit <http://www.BeaSantatoaSenior.com>.

### THURSDAY

#### 59TH MDW EDUCATION FAIR

The 59th Medical Wing Education and Medical Commissioning Resource Fair is scheduled from 10 a.m. to 2 p.m. at the Wilford Hall Ambulatory Surgical Center Atrium.

The fair will feature 40 schools with medical commissioning programs and education services for Airmen and family members who are interested in improving their education.

For details, call Master Sgt. Alan Weary at 292-4308.

### DEC. 17

#### ACCREDITATION SITE VISIT

The San Antonio Military Oral and Maxillofacial Surgery Residency Program at Wilford Hall Ambulatory Surgical Center is scheduled for an accreditation site visit Feb. 12.

Any parties who feel they may

have pertinent information regarding the program are encouraged to submit comments by mail to the Commission on Dental Accreditation, 211 E. Chicago Ave., Chicago, Ill. 60611 or by calling 800-621-8099, ext. 4653.

The deadline for receipt of third-party comments by the commission office is Dec. 17.

#### CUSTOMER SUPPLY TRAINING

The 502nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes the third Tuesday each month in the second floor conference room of building 5160.

The classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For information or registration, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

### DEC. 20

#### WALK-IN PET VACCINATION CLINIC

The JBSA-Lackland Veterinary Treatment Facility will hold a walk-in

vaccination clinic from 9 a.m. to 4 p.m. Clients must check in by 4 p.m. to guaranteed to be seen.

Prior registration is required. Call or stop in the clinic by Dec. 19 to make a reservation.

The clinic is located at 2330 Hughes Ave. For more information, call 671-3631.

### INFORMATIONAL

#### CAC/ID CARDS APPOINTMENTS

Department of Defense Common Access Card/ID cardholders in need of new or updated cards are encouraged to make appointments online.

Appointments are scheduled in 20-minute intervals between 8 a.m. and 3 p.m. Monday through Friday.

Visit <https://rapids-appointments.dmdc.osd.mil> or call 671-4178.

#### BABYSITTER'S CERTIFICATION COURSE

Registration continues through Dec. 18 for a babysitter's Red Cross certification class by the Joint Base San Antonio-Lackland Youth Program.

Participants will learn how to respond to emergencies with first aid, make good decisions under pressure, how to manage young children and

more. Space is limited for the class, 8 a.m. to 5 p.m. Dec. 23, and is open to youth ages 11-15. The registration fee is \$55 per youth.

For more information, call 671-2388.

#### PET CONSULTATION SERVICES AVAILABLE

The JBSA-Lackland Veterinary Treatment Facility provides behavior consultation services for family pets.

The facility's military animal behavior Army resident can assist pet owners with understanding their pet's behavior, and preventing, managing or resolving pet behavioral problems. Common problems may include aggression, fear, anxiety, hyperactivity, inappropriate elimination and tail chasing.

To schedule an appointment, call 671-3631 or 671-2245.

#### ONLINE TUTORING AVAILABLE

All kindergarten through grade 12 students in eligible military families can access <http://www.tutor.com/military>, an official Department of Defense tutoring program.

The site provides expert tutoring to military families in all core school subjects at no cost.

## CHAPEL SERVICES

### —PROTESTANT

- Freedom Chapel – building 1528
- Contemporary Service Sun. 9:30 a.m.
- Religious Education Sun. 11 a.m.
- Gospel Service Sun. 12:30 p.m.
- Spanish Service Sun. 3 p.m.
- AWANA Wed. 6 p.m.
- Gateway Chapel – building 6300
- Liturgical Service Sun. 11 a.m.

### —DENOMINATIONAL

- BMT Reception Center – building 7246
- Church of Christ Sun. 7:30 a.m.
- Gateway Chapel – building 6300
- Seventh-day Adventist Sat. 12:30 p.m.
- Education Classroom – building 5200 Room 108
- Christian Science Sun. 7:30 a.m.

### —PENTECOSTAL RE

- Gateway Chapel – building 6300
- Pentecostal RE Sun. 2:30 p.m.

### —ORTHODOX CHRISTIAN

- Gateway Chapel – building 6300
- Religious Education Fri. 4 p.m.

### —WICCA

- BMT Reception Center – building 7246
- Military Open Circle Sun. 12:30 p.m.
- Freedom Chapel – building 1528
- Military Open Circle First Tues. 6 p.m.

### —REFUGE STUDENT CENTER

- building 9122 (Tech Training & TDY Students)
- Wednesday Bible Study 6:30 p.m.
- Thursday 6–8 p.m.
- Friday 6–11 p.m.
- Saturday Noon to 9 p.m.
- Sunday 11 a.m. to 5 p.m.

### —THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

- Gateway Chapel – building 6300
- Religious Education Tues. 6:30 p.m.
- LDS Institute Thurs. 6:30 p.m.
- LDS Service Sun. 1 p.m.

### —JEWISH

- Gateway Chapel – building 6300
- Sabbath & Kiddush Fri. 4:30 p.m.
- Religious Education Sun. 1:30 p.m.

### —ROMAN CATHOLIC

- Freedom Chapel – building 1528
- Religious Education Sun. 9 a.m.
- Reconciliation Sun. 10 a.m.
- Mass Sun. 11 a.m.
- Sun. 5 p.m.
- Reconciliation Sun. 4:15 p.m.
- Daily Mass Mon., Tues. and Thurs. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

### —ISLAMIC

- Global Ministry Center – building 7452
- Jummah Prayer Fri. 12:45 – 1:15 p.m.
- Religious Education Sun. 9 a.m.

### OTHER FAITH GROUPS

- BMT Reception Center – building 7246
- Buddhist Sun. 10 a.m.
- Gateway Chapel – building 6300
- Eckankar
- First, third and fifth Saturdays 12:30 p.m.
- Baha'i
- First, third and fifth Saturdays 11 a.m.

For more details, contact  
Freedom Chapel - 671-4208  
Gateway Chapel - 671-2911

## JBSA-LACKLAND

### KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608

Enlisted Spouses' Club	<a href="http://www.lacklandesc.org">http://www.lacklandesc.org</a>
Force Support Squadron	<a href="http://www.lacklandfss.com">http://www.lacklandfss.com</a>
Lackland ISD	<a href="http://www.lacklandisd.net">http://www.lacklandisd.net</a>
Officers' Spouses' Club	<a href="http://www.lacklandosc.org">http://www.lacklandosc.org</a>
JBSA Public website	<a href="http://www.jbsa.af.mil">http://www.jbsa.af.mil</a>
My Air Force Life	<a href="http://www.MyAirForcelife.com">http://www.MyAirForcelife.com</a>

# WHAT'S HAPPENING

## Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE MILITARY AND FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW. CALL MFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

### FRIDAY

- ▶ Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ▶ Parenting for One, 11:30 a.m. to 1:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

### MONDAY

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11:30 a.m.
- ▶ Federal resume process taught by the Office of Personnel Management, 11:30 a.m. to 1:30 p.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### TUESDAY

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9 a.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### WEDNESDAY

- ▶ Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 2:30 p.m.
- ▶ Heart Link, 8:30 a.m. to 3:30 p.m.
- ▶ Understanding the Veterans Administration process, 10 a.m. to noon.
- ▶ AWANA Clubs, 6-8 p.m., Freedom Chapel.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### THURSDAY

- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- ▶ Bundles for babies, 1-4:30 p.m.
- ▶ Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, building 7246, 1 p.m. For information, call 773-354-6131.

### DEC. 13

- ▶ Resume writing techniques, 11:30 a.m. to 1:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### DEC. 16

- ▶ Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11:30 a.m.
- ▶ Interview with Confidence, 11:30 a.m. to 1:30 p.m.
- ▶ Post-deployment briefing, required

for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30 p.m., building 5160.

- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### DEC. 17

- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9 a.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

### DEC. 18

- ▶ Creative an effective resume, 11:30 a.m. to 1:30 p.m.
- ▶ AWANA Clubs, 6-8 p.m., Freedom Chapel.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

## Monthly Meetings

### ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

### OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandosc.org>.

### MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

**On the web**  
<http://www.lacklandfss.com>

Compiled by Mike Joseph,  
JBSA-Lackland Public Affairs



## BMT HONORS

Congratulations to the following 64 Airmen for being selected as honor graduates among the 641 Air Force basic military trainees who graduated Nov. 29:

### 320th Training Squadron

*–Flight 001*

Alex Campadonia  
Nicholas Davey  
Ryan Garvey  
Sean Grimm  
Darius Riddick  
Ryan Thomas  
*–Flight 002*  
Erik Berg  
Brian Beteta  
Justin Bryan  
Bryce Goodale  
Joshua May  
Benjamin Mccord

### 321st Training Squadron

*–Flight 003*

Jordan Damici

Michael Higbee  
Alex Whitcomb  
*–Flight 004*  
Dalila Garner  
Joanna Ivie  
Amber Kuth  
Emma Mantooth  
Morgan Watson

### 322nd Training Squadron

*–Flight 013*

Brent Fratangelo  
Joshua French  
Robert Hatcher  
Jett Jurgens  
Abrahm Paulding  
Brendon Ryan  
*–Flight 014*  
Mariah Bean  
Kimberly Welter

### 323rd Training Squadron

*–Flight 007*

Daniel Brewer  
Matthew Coyle Jr.

*–Flight 008*

Celina Bidegain  
Hannah Green  
Erika Palacios  
*–Flight 011*  
Camil Aswad Jr  
Pedro Bailon III  
Spencer Druckenbroad  
Jarek Garcia  
Brycone Humphrey  
*–Flight 012*  
Austin Button  
Travis Caldwell  
Samual Cavanaugh  
Edward Mayo  
Kendall Stagner  
Justin Stauffer  
Errol Strauss  
Thomas Whitley

### 331st Training Squadron

*–Flight 005*

Thomas Cackowski  
*–Flight 006*  
Isaac Launey  
Evan Snyder

James Whitman II  
Matthew Whitton  
*–Flight 009*  
Christopher Boring  
Cody Buff  
Justin Davidson-Beebe  
Zeke Denofsky  
Joseph Desjadon  
William Flores  
Chad Nasworthy  
Pean Saliasi  
*–Flight 010*  
Brandon Bradford  
Jonathon Gooding  
Jacob Miltner  
Vins Taylan  
Dylan Williams

### Top BMT Airman

Erik Berg  
330th TRS, Flight 002

### Most Physically Fit

*–Male Airmen*  
Nahavi Mendoza Arellano  
323rd TRS, Flight 021

Kristian Thackery  
331st TRS, Flight 009  
Alec Lane  
320th TRS, Flight 001  
*–Female Airmen*  
Allison Darby  
321st TRS, Flight 004  
Adriana Dominguez  
321st TRS, Flight 004  
Johne Tribble  
321st TRS, Flight 004  
*–Male Flights*  
331st TRS, Flight 009  
320th TRS, Flight 001  
*–Female Flights*  
321st TRS, Flight 004  
323rd TRS, Flight 008

### Top Academic Flights

322nd TRS, Flight 014  
331st TRS, Flight 009  
322nd TRS, Flight 013  
331st TRS, Flight 006  
321st TRS, Flight 003  
331st TRS, Flight 010

## BMT HONORS

Congratulations to the following 48 Airmen for being selected as honor graduates among the 482 Air Force basic military trainees who graduated today:

### 320th Training Squadron

*Flight 015*

Kyler Bernal  
Aaron Brown  
*Flight 016*  
Kirstin Munsch

### 321st Training Squadron

*Flight 023*

Christopher Abina  
Markus Ahling  
Luke Bateman  
Jonathan Belcher  
Cameron Cole  
Jesse Conner  
Ryan Fish  
John George

Elliot Jones  
*Flight 024*  
Taylor Bernet  
Holland Palmgren  
Ariel Russell  
Anamilena Serrano  
Amika Superville-Achille  
Nicole Watts

### 323rd Training Squadron

*Flight 017*

Ian Anderson  
Travis Cochran  
Cody Mcafoose  
Joseph Plath  
*Flight 018*  
Turner Hombsh  
Jacob McVay  
*Flight 019*  
Mark Darlington  
Drew Kennett  
Philip O'Leary  
*Flight 020*  
Dylan Brown

Lain Burger  
Tyler Dunn  
Andres Martinez  
Spencer Steidl

### 324th Training Squadron

*Flight 021*

Humphrey Chadbourne  
Caleb Daisley  
Karl Hingst  
Joshua Nauman  
Travis Normand  
Kody Post  
Robert Serwatien  
Aaron Swiderski  
Tanner Wate  
*Flight 022*  
Christopher Gustafson  
Trey Mchenry  
Andrew Mckenzie  
Marvin Reyes  
James Russell  
Ryan Schreffler  
Richard Weaver

### Top BMT Airman

Abina Christopher  
321st TRS, Flight 023

### Most Physically Fit

*Male Airmen*  
Peter Gentles  
323rd TRS, Flight 018  
Frederick Freeman  
321st TRS, Flight 023  
Sean Crittenden  
323rd TRS, Flight 017  
Humphrey Chadbourne  
324th TRS, Flight 021

### Female Airmen

Kirstin Munsch  
320th TRS, Flight 016  
Kara Unpingco  
321st TRS, Flight 024  
Rebekah Fulbright  
320th TRS, Flight 016  
Nicole Watts  
321st TRS, Flight 024

### Male Flights

323rd TRS, Flight 020  
323rd TRS, Flight 019  
324th TRS, Flight 021  
321st TRS, Flight 023  
320th TRS, Flight 015  
323rd TRS, Flight 017  
324th TRS, Flight 022  
323rd TRS, Flight 018  
*Female Flights*  
321st TRS, Flight 024  
320th TRS, Flight 016

### Top Academic Flights

321st TRS, Flight 023  
324th TRS, Flight 022  
324th TRS, Flight 021  
323rd TRS, Flight 018  
323rd TRS, Flight 017  
323rd TRS, Flight 020  
323rd TRS, Flight 019  
320th TRS, Flight 015  
321st TRS, Flight 024  
320th TRS, Flight 016



# Personal trainer looks to inspire others via fitness

Story and photo by Jose T. Garza III  
JBSA-Lackland Public Affairs

Complaints of not being able to exercise will not be tolerated in this personal trainer's classes on Joint Base San Antonio-Lackland.

She has battled adversity en route to achieving her fitness goals.

Jodi Hilliard, a fitness trainer who instructs spin classes at the Warhawk Fitness Center, was 18 when she was diagnosed with a metabolic disorder and was on the verge of death.

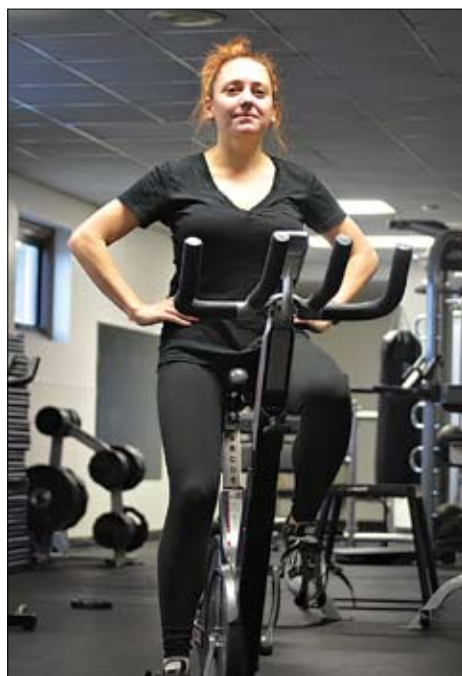
The doctors told her that if she had gone six more months without treatment, she would have died.

"I took that as 'Wow, I should take care of my body,'" Hilliard said. "Because I have a special disorder, I needed to understand it and what I needed to do to help myself."

The brunette trainer studied nutrition and exercises to help her beat the disease. Her studying paid off as she lost 60 pounds two years after being diagnosed.

After battling tribulation head on, she looked to inspire others to do the same. Hilliard earned her fitness trainer certification over a year ago, after taking a three-year sabbatical to be a stay-at-home mother, to help others achieve their fitness goals.

"I want to show people that through



Jodi Hilliard, a personal trainer, conducts spin bike classes Mondays, Tuesdays, Thursdays and Saturdays at the Warhawk Fitness Center. She also conducts personal training sessions via appointment.

adversity you can do anything," the 28-year-old trainer said. "I took that as initiative to help change other people's lives."

"I want to help people understand

that they are not a victim of themselves," she continued. "Some people say they can't do it, have nagging pain, etc. I want to show them that they can do it."

The trainer instructs spin bike classes at the Warhawk Fitness Center on Mondays at 5 a.m., Tuesdays and Thursdays at 5 a.m. and 6 p.m., and Saturdays at 8:30 a.m. She also conducts personal training sessions for military and civilian personnel as well as dependents.

Hilliard credits spin exercises for weight loss.

"When I hit the 60-pound mark, I figured that I needed to teach people that they can lose weight," said the spin instructor. "I have fun in my classes. We dance and have good music. It's a family environment, and I want people to know that they are loved."

"Spin biking tones your legs and core body," she added. "Spin bikes have low impact. It's the best workout for people with back and knee injuries."

One student used the spin class to train for competition.

Lt. Col. Marc Mulkey, 356th Airlift Squadron pilot instructor, took the class 18 months ago to prep for a triathlon after looking at the 802nd Force Support Squadron fitness center calendar for classes that could help him.

"The spin class was great for my training regimen to run triathlons," he said.

As an instructor, Mulkey described Hilliard as being "motivational."

"She's a great coach," the pilot instructor said. "Training for a triathlon, there are times when I am worn out because you are doing two workouts a day, whether it's a swim and a run or a bike and a run. She's kept me motivated and focused on my goals."

After fighting through various obstacles to maintain a healthy lifestyle, Hilliard doesn't want to hear people's excuses about why they can't put forth dedication in her class.

"People should want to fight for themselves," she said. "It's great when clients come up to me and tell me that they can exercise. It's gratifying when clients tell me 'thank you' for pushing them to curl 20 pounds. You are not allowed to say 'I can't do it' in my class because you can. You can do anything."

"I always tell people their body is strong, they just need to convince their mind that they are," she concluded.

Hilliard's spin classes are \$2 per session. Call the Warhawk Fitness Center at 671-2016 for more information. For personal training sessions, contact Hilliard at 438-3778 for further details.

## JBSA-Lackland hosts 38th annual Joe Hall Varsity Basketball Tournament

By Jose T. Garza III  
JBSA-Lackland Public Affairs

Joint Base San Antonio-Lackland hosts the 38th annual Joe Hall Varsity Basketball Tournament Saturday and Sunday.

Games will take place from 9 a.m. to 7 p.m. at the Warhawk and Chaparral Fitness Centers.

JBSA-Lackland Assistant Fitness and Sports Director Dwayne Reed said he is excited to host the six teams

competing in the annual tournament, which is named after the late retired Tech. Sgt. Hall, a former military police officer and military training instructor, who served two tours at then Lackland Air Force Base in the 1960s and 1970s.

A star player and then coach for the base varsity basketball team, Hall left his mark on Lackland, winning numerous MVP honors and team championships. He was honored as the Air Force Athlete of the Year in 1963. As

a coach, he took the Warhawks varsity basketball team to victory in the Southwest Military Basketball Conference Championship in the 1971-72 season.

Hall was medically retired from the Air Force during that winning season and passed away from cancer in 1975.

His wife Mable is on hand each year to present the tournament trophy to the winning team.

Hall's former team, now the JBSA-Lackland Warhawks, who last won the tourney in 2010, will be one of the competing teams.

Reed thought long and hard about hosting this tournament amid the budget issues that have impacted the military.

Emails from various varsity basketball coaches and players inquiring

about the status of the tournament made him still want to host it, Reed said.

"I just could not stop hosting it," the assistant sports director noted. "I had to have it for the teams that want to participate in it. Everybody looks forward to it this time of year."

Reed predicts a great level of competition during the tournament this year, even though the Air Force Academy Prep School team, Joe Hall Varsity Basketball champions for two consecutive years, will not be attending due to budget constraints.

"If you are a fan of basketball and competition, this is the tournament for you to attend," he exclaimed.

For more information on the tournament, contact the JBSA-Lackland Sports Office at 671-2632.